



Paleo Parents Pamphlet

Factoids, Words of Wisdom and Tips for Success from Matt & Stacy

About Us

Stacy began her Paleo journey in May of 2010. After having her gallbladder removed in 2007, she experienced digestive issues for years that doctors said would likely never go away. No longer willing to be morbidly obese and in pain she discovered Dr. Loren Cordain's book, *The Paleo Diet*. Shortly after, the pantry was emptied and family adaption to the lifestyle began.

Within 10 months she and dad, Matt, lost 180lbs and eliminated snoring, seasonal allergies, joint pain, headaches and inflammation. We no longer take any medication (previously on 4 prescriptions between us) and feel better than ever.

The best part has been seeing our children take pride in their new healthy approach to life. Our Kindergartner will be the first to tell you that "I'm getting strong because I eat my broccoli!" or "Things with faces are healthy and delicious to eat!" Our boys no longer have eczema, asthma or behavior that would've had them labeled as ADD/ADHD in a classroom setting.

What is Paleo

There are several "fathers" of Paleo: Dr. Loren Cordain's, Robb Wolf, Art DeVany and Mark Sisson are the big dogs. Robb's book, blog and podcasts (2), are an immediate and useful source for any possible questions you may have.

Paleo refers to Paleolithic (sometimes also referred to Primal and Caveman). That's not to say we blindly go back 50,000 without

considerations of modern science. **The "diet" is really a lifestyle which gets your body back to what it was evolved to thrive off of: non-processed, whole, real foods dense in nutrients.** This means no grains, no dairy, no legumes, no sugar and no chemicals. Corn's a grain. Soy's a legume. Corn and soy, as genetically modified and hydrogenated into every food on the grocery store shelves are most definitely out.

The film Food Inc. is another good source for an immediate and quick data point. **In the commercial food industry, we feed grains to our animals to make them fat.** What have they been doing to you?

Paleo is about big change; think outside the box. Get your body into an unimaginably pristine state of health, quickly and without much effort, too. Angelo Coppola from LatestInPaleo.com says it best; *Your body isn't broken by default (1).* What ails you, 9 times out of 10, can be solved, or at minimum improved, by better nutrition. Throw out the ideas you have from the FDA food pyramid and look forward to losing weight and feeling energized from bacon, coconut milk and big steaks whenever you want.

The journey is just that. Give yourself 30 days to try it. See how you feel, if no change then no harm done – if you feel better, imagine how much more improvement you'll feel as time goes on. As we approach 1 year of being Paleo, we feel more energized and joyous than we can ever remember.

You lost me at "No." What about Moderation? If it grows in nature, why can't I eat it?

We're science people, so here's what convinced us:

Sugar – The more research is done on sugar, the more awful it is discovered to be. Recently in the media sugar has been described as "toxic" and "as addictive as heroin." Sugar, especially fructose based or resulting from refined carbohydrates, cause fatty liver, diabetes and many forms of dementia later in life. Sugar prompts the pancreas to use insulin to turn sugar into fat. There's a big difference in how your body processes fructose and glucose: your body needs glucose, cancer (and all growth cells, like fat stores) love fructose.

Grains are refined carbohydrates. They act like sugar in the body. They also contain lectins and Omega 6's which are anti-nutrients that not only prevent other nutrients you ingest from being absorbed properly, but they cause gut irritation. Leaky gut syndrome had been shown to cause a variety of auto immune diseases. Lots of research is now surfacing that a Paleo diet aids in the control of autoimmune diseases.

Legumes – Are heavy in lectins and carbohydrates, just like grains. If you want fiber or protein, eat some greens and something with a face.

Processed Oils – The process for producing oil from vegetables is extreme: "refined, bleached and deodorized." Since most contain



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hydrogenation (terrible for you) and are based on soy and corn, they're a no no. Anything you could reproduce in your kitchen (lard, coconut oil, single press olive oil, etc.) is ideal. Diane at Balanced Bites says it best; *ask yourself if your great, great grandmother ate it (3).*

Dairy – Research indicates that dairy consumption interferes with insulin regulation and that, like breastmilk, cow's (or goat's) milk has properties that speed up cell production and growth. For infants, this is great. The results on an overweight individual or cancer patient can be catastrophic. Logically, if we hadn't domesticated animals we wouldn't have access to much dairy, so we rarely eat it.

The best question to ask yourself for all of this is, *if you remove the items from your diet for 30 days and then reintroduce them, how do you feel.* Most likely while your system was "clean" you'll have slept better, have skin and gut irritations disappeared and been hit with a bolt of energy you haven't felt since puberty. Then, add in the "no" items and I guarantee you'll have gas, bloating, malaise, depression, acne, dry skin, joint pain or a number of other likely symptoms.

What DO I eat? Wait, what do my kids eat?!

Sources:

1. <http://LatestInPaleo.com>
2. <http://RobbWolf.com>
3. <http://BalancedBites.com/2010/07/fats-which-to-eat-and-which-to-ditch.html>
4. <http://www.ana-jana.org/Journal/journals/ACF5FB7.pdf>

Our kids have been eating the same foods as us since their birth, so the transition to Paleo was less difficult than it will be for some. Still, we all have to **find mechanisms to deal with the inevitable temper tantrum that will occur as you pass the cereal aisle in the grocery store.** The good news is, my boys now say sugar and wheat are "yucky." Our solution is to let them pick a fresh fruit or veggie of their choice when we go to the store as their "special" item. For early transition it was gluten-free versions of the same foods, and we just kept migrating until they understood what healthy, fresh, real food was and why we should eat it.

Their favorites now are fruit – dried, freeze dried, fresh, frozen, mashed, pureed, grilled... doesn't matter. We do limit it (a 100% fruit diet would be too high in sugar) and try to serve it with protein (sunflower butter or a hard-boiled egg). They also like all things coconut, too. They like to snack on Lara Bars, roasted seaweed, all-natural jerky and salami.

Getting them involved, picking their "treats" or helping choose and make dinner will always help. **For meals, they eat the same food as us. No exceptions, no compromise.** When it's their only option, they won't let themselves starve; they adapt.

They'll have favorites (honeyed carrots) and least favorites (steamed eggplant) but no matter what, they know what we put on the table is the only choice.

How can I get enough fiber and calcium without whole grains and milk?!

The reason the FDA is so concerned with our micro nutrients is because we're not eating real food! We wouldn't have to fortify our cereal, if our cereal was made with ground almonds and fresh fruit. Or we were eating pastured eggs rich in natural Omega 3s every morning.

If you eat a diet rich in nutrient dense food, you'll absorb more micro nutrients than if you're eating a standard American whole grain, low-fat diet manufactured by commercial industry and fortified by all that chemical "goodness." Dr. Cordain even did the calculations for you (4), his Paleo diet was 38% protein, 39% fat and 23% carb and the SAD is 16% protein, 49% carb, 34% fat.

Nutrient	Paleo Avg	SAD Avg
Calcium	691mg	550mg
Fiber	42.5g	15.1g
Omega 3 fat	9.6g	2.3g
Potassium	9,062mg	2,620mg
Sodium*	726mg	3,271mg
Omega 6 fat*	14.2g	34.5g
Sugars*	76.5g	200g
*Notes items which are negative on health		